

Quzhou University of Applied Sciences and the Stockholm Acupuncture Institute have launched a collaborative program for a short-term training in acupuncture.

Course schedule

datum	time	Course content
Day 1	All day	Arrival in Quzhou
the next day	morn ing	Opening ceremony
	aftern oon	Visit the campus, the medical school building, and the acupuncture and massage training center.
Day 3	morn ing	medical examination
	aftern oon	village
Day 4	morn ing	Internship 1 in acupuncture and tuina clinic

	afternoon	Yang Jizhou Acupuncture Intangible Cultural Heritage Experience (Acupuncture Cultural Park)
Day 5	morning	Internship 2 in acupuncture and tuina clinic
	afternoon	Yang Jizhou's acupuncture technician 1
Day 6	morning	Internship at acupuncture and tuina clinic 3
	afternoon	Practical course in acupuncture techniques
Day 7	All day	village
Day 8	morning	Internship at acupuncture and tuina clinic 4
	afternoon	Traditional Chinese Medicine Sports and Health Care Course (Eight Brocade Pieces) 1
Day 9	morning	Internship at acupuncture and tuina clinic 5
	afternoon	Yang Jizhou's acupuncture technician 2
Day 10	morning	Internship at acupuncture and tuina clinic 6

	afternoon	Experience in using instruments for tongue and pulse diagnostics
Day 11	morning	Internship at acupuncture and tuina clinic 7
	afternoon	Traditional Chinese Medicine Sports and Health Care Course (Eight Brocade Pieces) 2
Day 12	morning	Internship at acupuncture and massage clinic 8
	afternoon	Yang Jizhou's acupuncture technician 3
The thirteenth day	morning	Internship at acupuncture and massage clinic 9
	afternoon	Neck and shoulder massage
Day 14	All day	village
Day 15	morning	Internship at acupuncture and tuina clinic 10
	afternoon	Traditional Chinese Medicine Sports and Health Care Course (Eight Brocade Pieces) 3
Day 16	morning	Internship at acupuncture and tuina clinic

	ng	11
	afternoon	Yang Jizhous acupuncture technician 4
Day 17	morning	Internship at acupuncture and tuina clinic 12
	afternoon	massage for pain in the lower back and legs
Day 18	morning	Internship at acupuncture and tuina clinic 13
	afternoon	Traditional Chinese Medicine Sports and Health Care Course (Five Animal Games) 1
Day 19	morning	Internship at acupuncture and tuina clinic 14
	afternoon	Yang Jizhous acupuncture technician 5
Day 20	morning	Internship at acupuncture and massage clinic 15
	afternoon	Acupuncture course for weight loss
Day 21	All day	village
Day 22	morning	Internship at acupuncture and tuina clinic

	ng	16
	afternoon	Traditional Chinese Medicine Sports and Health Care Course (Five Animal Games) 2
Day 23	morning	Internship at acupuncture and tuina clinic 17
	afternoon	Practice courses in moxibustion, scraping and cupping
Day 24	morning	Internship at acupuncture and tuina clinic 18
	afternoon	Beauty course in traditional Chinese medicine
Day 25	morning	Internship at acupuncture and tuina clinic 19
	afternoon	Traditional Chinese Medicine Sports and Health Care Course (Five Animal Games) 3
Day 26	morning	Internship at acupuncture and massage clinic 20
	afternoon	Traditional Chinese Medicine Constitution Assessment
Day 27	morning	Internship at acupuncture and tuina clinic 21

	afternoon	Traditional Chinese Medicine, Dietary Therapy Course
Day 28	morning	Internship at a pharmacy in traditional Chinese medicine
	afternoon	village
Day 29	morning	Operational assessment
	afternoon	Examination ceremony
Day 30	All day	Liqu

Quzhou Vocational and Technical College is located in Quzhou, a national historical and cultural city known as the "Holy Land of Confucius and the Hometown of the Acupuncture Master". It is a public full-time vocational college. The project "Intangible Cultural Heritage, Acupuncture and Southern Confucian Culture" is a short-term advanced study program based on teaching and practice in acupuncture and massage, with courses in traditional Chinese

medicine, health care and traditional Chinese medicine, sports and health care, and combines on-site experience of Southern Confucian culture.

I. Project timeline

The trip will take place in the second half of 2026 (4 weeks in total), with the exact dates to be determined through discussions between both parties.

II. Project location

Quzhou Vocational and Technical College and its partner hospitals.

III. Project content

The training program mainly includes theoretical courses in acupuncture and massage, practical courses in acupuncture and massage, traditional Chinese medicine, sports and health care internship, hospital outpatient internship, and acupuncture experience in intangible cultural heritage. The specific training arrangements are attached (and can be adjusted according to the actual situation).

IV. Recruitment goals

This training program is expected to include 20 international students aged 18–60; there will also be a supervising teacher.

V. Accommodation and meals

Meals are provided in the school cafeteria and accommodation is provided in the school's apartments for international students (4-person rooms, bunk beds with desks underneath). The cost of food and accommodation is paid by the international students themselves.

VI. Fee standard

1. Quzhou Vocational and Technical College charges a tuition fee of RMB 2,500 (two thousand five hundred RMB) per person per month and a housing fee of RMB 160 (one hundred and sixty RMB) per person per month. The tuition fee includes materials and consumables, while the housing fee includes bills and bedding. International students are responsible for their own tuition and housing fees.

2. International students are responsible for their own international travel expenses, insurance fees, visa fees, medical examination fees, daily necessities, and round-trip transportation costs

between the school and the internship hospital.

3. Quzhou Vocational and Technical College provides international students with training, hospital internships, translation services, cultural exploration services, and airport pick-up and drop-off services during their studies in Quzhou. All costs are borne by the college.

VII. Other instructions

1. Quzhou Vocational and Technical College's responsibilities: Responsible for according to Stockholm Acupuncture Institute Provide reasonable course curricula to meet the needs of international students and their supervising teachers, and be responsible for the overall operation of the project; provide relevant materials for international students and their supervising teachers to handle the procedures for coming to China, and assist in handling the procedures for residence permits after arriving in China; provide international students with food, accommodation and transportation

services during the project.

appendix

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